

APPRECIATE YOURSELF & OTHERS

- **Enhance Creativity.** Criticism and creativity cannot occur simultaneously. Look for what's right instead of what's wrong.
- **Boost Happiness.** A one time act of thoughtful appreciation produces an immediate 10% boost in happiness.
- **Start with Self:** Genuine self-appreciation creates new brain connections and enhances self-esteem.



'Quiet Mind' Cards

BE PRESENT IN EACH MOMENT

- **Take a Breather.** Stress constricts the breath. 60 seconds of full, slow breathing resets the brain, calms the body, and brings you into the now.
- **Solo-Task.** Multi-tasking reduces efficiency by 30-40%. Turn off distractions and direct your focus to one task.
- **Train Your Brain.** Meditative focus deactivates the amygdala, the part of the brain associated with fear and worry.



'Quiet Mind' Cards

REVEAL EMOTIONS

- **Clear Your System.** Unexpressed emotions get stored in the body and can create health problems.
- **Enhance Relationships.** Sharing authentically increases trust and relatability.
- **Increase Energy.** Revealing (instead of concealing) emotions frees up mental space for creative energy.



'Quiet Mind' Cards

REDUCE NOISE

- **Quiet = Healthy.** Ambient noise increases stress and aggravates health conditions.
- **Enhance Brain Function.** Learning, memory, and reasoning are at their peak in quiet environments.
- **Increase Productivity.** Noise distractions are the biggest cause of lost productivity.
- **Design for a 'Quiet Mind.'** Acoustic solutions enhance the user experience in many types of buildings.



'Quiet Mind' Cards